

## Positive Alternatives 2016 - 17 Quarterly Update

**Grantee (Name and city):** Way to Grow, Minneapolis

**Contact:** Carolyn Smallwood

**Phone and Email:** 612-874-4740 Extension 102; csmallwood@mplswaytogrow.org

**Goal:** Empower, motivate, and support pregnant women and mothers of new born infants to achieve healthy birth outcomes, foster positive child development, and move out of poverty.

**For the period/quarter:** January 1 – March 31st 2017

Activity or Service	Activity or Service Description Major Work Plan Activities	Work Plan Count	Program Progress and Accomplishments Report the progress and accomplishments made this period on each activity.	Report Count
<b>Administrative Activities</b>	<ul style="list-style-type: none"> <li>Hiring, training of staff, staff assessments, and all administrative duties</li> <li>Day to day operations of project and staff</li> <li>Manage caseloads of Family Educators</li> <li>Change and update forms to track staff time spent on grant</li> <li>Track and analyze data</li> <li>Report to Funders</li> </ul>		<ul style="list-style-type: none"> <li>Changed and updated forms to track goals of the grant</li> <li>Changed and updated administrative forms to track staff time spent on grant (timesheets, mileage)</li> <li>Managed caseloads of families participating in the program</li> <li>1:1's with Family Educators working with MDH families</li> <li>Provided updates at all staff meeting regarding progress of the grant</li> <li>Tracked and analyzed data of grant progress</li> <li>Communicated with MDH contact with questions or to update information.</li> </ul>	
<b>Outreach</b>	<ul style="list-style-type: none"> <li>Community education and contact activities</li> <li>Outreach efforts to increase capacity</li> </ul>		In Q3, Family Educators recruited over 20 potential MDH families. We conducted recruitment at a number of locations in the third quarter including: Division of Indian Work, Tapestry Resource Center, weekly outreach at WIC, North Point Health and Wellness Clinic, North Point Human Services, Broadway Family Medicine Clinic, and MN Internship Alternative School.	

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Case Management Services	<b>Minnesota Visiting Nurse Agency (MVNA) Visits To Pregnant Women</b> Contract with Minnesota Visiting Nurse agency to provide home visits to pregnant Mothers including public health nursing services, prenatal health assessments, maternal resources, and in home nurse Visits	30	<p>In Q3, Way to Grow referred 28 pregnant participants to MVNA. As a result, 6 women enrolled in MVNA. This number is lower than our goal number. Several reasons for this include:</p> <ul style="list-style-type: none"> <li>• The original goal number was based on the number of pregnant mothers in our program at this time last year. We continue to see a reduction of pregnant women in the community and as such our numbers served are lower. Since last quarter, several women have given birth and have transitioned from prenatal to infant and new parent programming.</li> <li>• Some participants who have had previous pregnancies and previous MVNA assessments feel they do not need MVNA services for their most recent pregnancy. Instead, mothers may feel they already have the knowledge and experience of being pregnant and having a newborn, so thus refuse the service.</li> <li>• Referrals to MVNA increase and decrease over the course of the year, however we hope to reach more pregnant mothers in Q4. We continue to use strategies to recruit more pregnant women, including weekly recruitment at WIC and Tapestry. Family Educators also continue to discuss MVNA services with pregnant participants, and share the PHN assessment process and the benefits of the visit. Additionally, our agency partners may refer families to MVNA and Way to Grow simultaneously, but upon joining our program, we complete a secondary referral to MVNA's services to ensure families are connected.</li> </ul>	28 referred 6 enrolled

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	<p><b>Home visiting program</b> Provide home visiting services to Way to Grow families, focusing on pregnancy and parenting education and support.</p> <p><b>Connection to community resources and follow up</b></p> <ul style="list-style-type: none"> <li>• Resource Advocates and Family Educators provide and follow up on referrals to housing, food, health care, clothing, ESL classes, employment, and other basic needs.</li> <li>• Follows up to make sure the connection to service was made. Provide direct assistance with paperwork as necessary.</li> <li>• Transportation if needed. Provide translation services if needed.</li> </ul>	<p>400</p> <p>80</p>	<p>In the third quarter, Way to Grow provided 580 home visits to pregnant mothers and/or parents with children up to 12 months. Home visits with these families focused on pregnancy, parenting, and health education. Family Educators also connected families to additional resources for support.</p> <p>In Q3, Family Educators and Resource Advocates provided 198 community resource referrals to MDH participants. To ensure the connection was made, Way to Grow follows up with each of these families. These referrals help families' access basic needs and help to stabilize the home. To help families take advantage of these referred services, Family Educators provide translation and/or transportation assistance when necessary.</p>	<p>580</p> <p>198</p>
<b>Childcare Assistance</b>	Provide child care to parents who attend Way to Grow groups and classes.	15	In the third quarter, Way to Grow provided 22 parents with childcare support. We know that childcare can be a barrier for many of our families and as such, provide childcare and transportation for most of our group meetings and events. We believe that providing these services increases participation in our educational groups and events, increasing the knowledge and long-term health of our families. The events and groups that provided	22

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			childcare this quarter included: New Parent Group, Dream Tracks group, Cooking Matters, and our Expanded Food and Nutrition program.	
<b>Crib Distribution/ Sleep Safety Education</b>	Provide education on safe sleep during home visits.	160	<p>In the third quarter, Way to Grow Family Educators provided 394 home visits focusing on safe sleep education. Activities included:</p> <ul style="list-style-type: none"> <li>Family Educators continued to utilize educational flyers and DVDs developed by the Eunice Kennedy Shriver National Institute of Child Health and Human Development to educate families.</li> <li>Additionally, Way to Grow continued to receive Pack n' Plays from Cradle of Hope on a monthly basis for distribution to our families.</li> <li>We also utilized the Sleep Baby Safe and Snug books donated by MDH. We received 250 in English and 20 in Spanish. Family Educators read the book with the families and left the book for families to review on their own. 50 of these books were distributed in third quarter.</li> </ul>	394
<b>Education Assistance</b>	Referrals to agencies that assist in employee assistance.	10	In Q3, Way to Grow provided 11 referrals to MDH participants to assist individuals in furthering their education and finding employment. Agencies included for third quarter —: Minneapolis Public Schools Adult Basic Education, Open Door Learning Center, Franklin Learning Center, MNIC, Somali American Education Program, and the Latino Economic Development Center.	11
<b>Hotline – connection to community resources</b>	<b>Family Support Services</b> – Provide resources to Way to Grow and non-Way to Grow families.	75	In the third quarter, Way to Grow Family Educators and Resource Advocates provided 198 community resource referrals to both enrolled and non-enrolled families that fit the MDH grant criteria. Frequently referred resources included: housing, employment, mental health, and education/GED.	198

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Interpreter Services	<b>Family Support Services:</b> Provide resources to Way to Grow and non-Way to Grow families	250	In Q3, Way to Grow Family Educators and Resource Advocates provided 428 interpreter services during home visits, phone calls, groups and classes, and while connecting families to community resources.	428
Life-Skills Education Program	<b>Dream Tracks:</b> Offers home visiting and monthly education sessions on topics including career development, resume writing, and other self-sufficiency skill-building topics.	25	In the third quarter, MDH participants in our Dream Tracks program received 59 contacts either through monthly meetings or home visits.	59
	<b>Cooking Matters:-</b> Through University of Minnesota Extension Services; a six-week cooking class focusing on making healthy meals on a tight budget.	15	In the third quarter, Way to Grow held a six-week Cooking Matters class. There were 24 contacts with MDH participants during the length of the course. Additionally, Way to Grow hosted a four-week Cooking Matters Expanded Food Nutrition and Education Program through the University of Minnesota Extension Health and Nutrition Program. Way to Grow had 12 contacts with MDH participants during the four week course.	36
	<b>New Parent Group:-</b> Offers home visiting and -monthly parenting group for pregnant women or new parents with children up to 12 months of age	25	In Q3, there were 30 contacts with MDH participants that attended monthly New Parent Groups. There were 47 home visit contacts with these participants.  <b>Note:</b> Way to Grow hosts three or four six-week New Parent Group classes throughout the year. During the school year, New Parent Group meets monthly and breaks each summer. As such, numbers will vary each quarter due to our class/group schedules during the specific reporting period.	77

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<b>Material Support</b>	Family Educators provide material support including: Baby and maternity clothing, Diapers, Books, Backpacks, Bundles of Love, and school supplies-.	75	<p>In the third quarter Way to Grow received or purchased the following items- for MDH participants:</p> <ul style="list-style-type: none"> <li>• 300 Welcome Baby Bags (filled with baby items) were donated by Second Stork. These were used as recruitment incentives as well as given to pregnant mothers during home visits. <b>50 were distributed during the third quarter.</b></li> <li>• <b>9</b> Pack n' Plays were donated by Cradle of Hope and distributed to families.</li> <li>• <b>11 Bundle of Love bags</b> were donated this past quarter and <b>4</b> were distributed to pregnant mothers and families with newborns. The bundles included handmade clothing and blankets for newborns.</li> <li>• 220 Sleep Baby Safe and Snug Books were donated to Way to Grow in the second quarter. <b>50 were distributed in the third quarter.</b></li> <li>• <b>Purchased 9 car seats and distributed 7 after a Car Seat class on Saturday, March 11.</b> The class was taught by a certified Car Seat trainer.</li> </ul>	120 donated items
<b>Mental Health</b>	Family Support Services provide Mental Health resources to families enrolled in Way to Grow as well as non-Way -to Grow families.	5	In Q3, Way to Grow Family Educators and Resources Advocates continued to increase the number of Mental Health resources provided to MDH participants, including 30 Mental Health referrals to MDH participants. Referred agencies included: Tapestry, Pregnancy and Postpartum Support Minnesota, and North Point Health and Wellness Center.	30

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<b>Nutrition</b>	<ul style="list-style-type: none"> <li>• <b>Cooking Matters:</b> Through University of Minnesota Extension Services; a six-week cooking class focusing on making healthy meals on a tight budget.</li> <li>• <b>Nutrition Events:</b> 2-3 events on an annual basis; nutrition education tables, healthy food demonstrations.</li> <li>• <b>Home visits:</b> focused on activities to support healthy birth outcome and care for their babies after birth.</li> <li>• Transportation provided to prenatal visits when necessary.</li> </ul>	300	<p>In the third quarter, Way to Grow recorded 580 MDH participant contacts which included nutrition education during home visits. We also recorded 36 contacts during on-site cooking classes. Nutrition and health are an essential part of our curriculum for the entire family, including parents and children prenatal through age eight.</p> <p>Way to Grow worked extremely hard to increase the number of home visits, groups, and events that emphasize the importance of health at all ages.</p>	616
<b>Parenting Education</b>	Parent Education during home visits, at monthly New Parent Group meetings, and monthly Dream Tracks meetings.	400	In Q3, Way to Grow Family Educators provided 580 contacts, which included parent education during home visits, the New Parent Groups, and monthly Dream Tracks meetings.	580
<b>Pregnancy Testing</b>	Pregnancy Education during home visits.	180	In the third quarter, Family Educators provided 175 pregnancy education contacts during home visits. Topics included the importance of attending prenatal visits, birth plans, appropriate weight gain, breast-feeding, and bonding and attachment. We are below our goal as the number of pregnant mothers served decreased this quarter.	175

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<b>Provide Necessary Services Assessments Only</b>	<ul style="list-style-type: none"> <li>• Provide intake assessment to determine need.</li> <li>• Provide women with information on, referral to, and assistance with pregnancy services.</li> <li>• Utilize resource database to provide information and make referrals.</li> </ul>	40	In the third quarter, Way to Grow completed 71 intake assessments with new MDH families to determine their need and the services that would best fit their family situation. -During visits, Family Educators provided families with appropriate education, as well as referrals to and assistance with pregnancy services. For example, if a pregnant mother does not have doctor or clinic, Way to Grow assists and supports her as she finds a medical home.	71
<b>Transportation</b>	Provide taxis and bus tokens for classes, events, and prenatal care.	25	During Q3, Way to Grow provided 39 taxis to MDH participants to get them to and from prenatal appointments, as well as to attend Way to Grow classes, groups meetings, and events. Group and events included Cooking Matters, Expanded Food and Nutrition Cooking Class, New Parent Group, Dream Tracks, and the Daniel the Tiger Neighborhood event hosted by the Minneapolis Mayor's Office and TPT.	69

<b>Maternal and Child Health Initiative Task Force Strategies</b>	<b>No.</b>
<i>Number of women who received car seats and car seat safety education from a PA funded program activity</i>	7
<i>Number of women who received car seat safety education only from a PA funded program activity</i>	9
<i>Number of women who received child abuse prevention education from a PA funded program activity</i>	141
<i>Number of women who received abusive head trauma (shaken baby) prevention education from a PA funded program activity</i>	141
<i>Number of women who received a baby bed, crib, or pack-n-play and sleep safety education from a PA funded program activity</i>	9
<i>Number of women who received sleep safety education only from a PA funded program activity</i>	104



## **Challenges:**

### **Minnesota Visiting Nurses Agency Referrals**

Way to Grow continues to see fluctuations in our MVNA referral numbers. Referrals to MVNA are heavily dependent upon how many pregnant women we recruit in one quarter and that remain with the program. Additionally, some current Way to Grow clients who have had previous pregnancies and MVNA assessments, refuse MVNA services as they feel they have the acquired knowledge and experience of being pregnant and having a newborn.

It is important to note that while referrals to MVNA increase and decrease over the course of the year, we are working to reach more pregnant mothers in Q4. We have developed new strategies to recruit more pregnant women, including weekly recruitment at WIC and Tapestry. Furthermore, Way to Grow Family Educators continue to discuss MVNA services with pregnant participants, as well as share the PHN assessment process and the benefits of the visit. It is also part of our procedure to follow-up with families to ensure that connections are made. Finally, some partner agencies may refer families to both Way to Grow and MVNA simultaneously. In these cases, if families enroll with Way to Grow, we send an additional referral to ensure families are connected.

### **Tracking Group & Class Engagement**

Every quarter, Way to Grow hosts various events, groups, and classes. One challenge we have faced is fully recording and tracking all our attendees, including whether or not families in attendance are MDH participants. In light of this, we have already implemented a new tracking procedure to ensure we capture all relevant data for internal and external reporting. With our newly reformatted tracking form and procedures, staff can more easily track family attendance and our Data Team can more accurately record and report attendance and contact numbers for our programming.

### **Fluctuating Numbers**

As noted in the original work plan, Way to Grow experiences occasional fluctuations in participant attendance and client recruitment throughout the year due to our annual programming schedule as well as an every-fluctuating population of pregnant and/or new mothers